Reflective Writing – Coming Up with Ideas

1) **Describe** the situation or topic
   
i. What is it?
   
ii. Who was involved?
   
iii. Where? When? How? How long?
   
iv. Can you use your senses to describe it? What does it look like, sound like, feel like, smell like, taste like?
   
v. What details can you add? (Specific names, places, dates, numbers, descriptive adjectives)

2) What struck you as **important**?
   
i. What was new to you?
   
ii. What surprised you?
   
iii. What grabbed your attention the most?
   
iv. What did you learn?

3) How did it make you **feel**?
   
i. Good feelings? Bad feelings? Positive? Negative?
   
ii. What did it make you remember or think about in your own experience?

4) How is it the **same** or **different** from something else?
   
i. Can you think of another thing, event, person, or concept that is either similar to or different from your topic?
   
ii. What is similar? How is it similar? In what ways is it similar?
   
iii. How is it different? In what ways is it different?
5) What is your opinion or judgment of the situation?

   i. I think … It seems to me that …
   ii. What part do you agree with or approve of? What part do you disagree with or disapprove of?
   iii. Is it better or worse than something else that you can compare it to?
   iv. Can you identify extremes (highest/lowest; best/worst; most/least)
   v. Can you identify different levels of something (quite good, okay, better, worse, average)

6) What implications do you see?

   i. What significance does this have for different people who are involved? How will it impact each of them? Why?
   ii. How will this change perceptions, realities, behaviours, or possibilities? Why?
   iii. What difference does this make? Why?
   iv. On a scale, how much impact (little, some, a lot, a great deal) will this have? Why?
   v. What other areas, aspects, or dimensions of the issue will this affect?